1933. K. M. Bailey.

ALIMENTARY AND DIETETIC PRODUCTS

Hewebert

DIET IS THE MOTHER OF HEALTH

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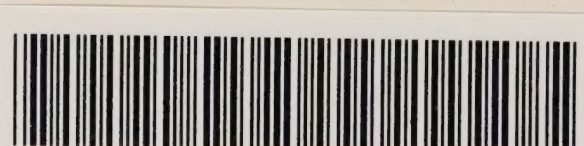


Heudebert

ALIMENTARY

and

DIETETIC PREPARATIONS

Made by the

SOCIÉTÉ "L'ALIMENT ESSENTIEL"

3 FACTORIES

NANTERRE, 85, Rue Saint-Germain

Telegraphic address : ESSENTIEL-NANTERRE — *Commercial Register :* SEINE N° 65.320

Telephone :

NANTERRE 10-49 | CARNOT 67-04
— 12-62 | — 67-05

LYONS, 2 et 4, Chemin Feuillat

Telegraphic address : ALISSENTIEL-LYON — *Commercial Register :* LYON B 6202

Telephone : MONCEY 57-37

BRUSSELS, 13, Rue de Belgrade

Telegraphic address : ALISSENTIEL-BRUXELLES — *Telephone :* BRUXELLES 793-52

RETAIL SHOPS IN FRANCE

PARIS	40, Rue du Colisée *(T. Elys. 10-42* and *Elys. 50-97)*
—	118, Fg St-Honoré *(T. Elys. 10-15* and *Elys. 62-30)*
MARSEILLES	174, La Canebière *(Teleph. Colbert 53-73)*
VICHY	7, Rue du Marché et Kiosque de la Pastillerie (Parc), *(Teleph. Vichy 26-63).*
VITTEL	Parc de l'Etablissement.
CONTREXEVILLE	Sous les Arcades.
TOULOUSE	36, Rue Rémusat *(Teleph. 36-95).*

RETAIL SHOPS ABROAD

BRUSSELS	21, Rue Antoine-Dansaert *(Teleph. 192-05).*
—	13, Galeries du Roi *(Teleph. 150-66).*
ANTWERP	75, Rempart du Lombard *(Teleph. 264-42).*

RETAIL SHOPS AND AGENCIES in the French Colonies and Abroad

● ● ●

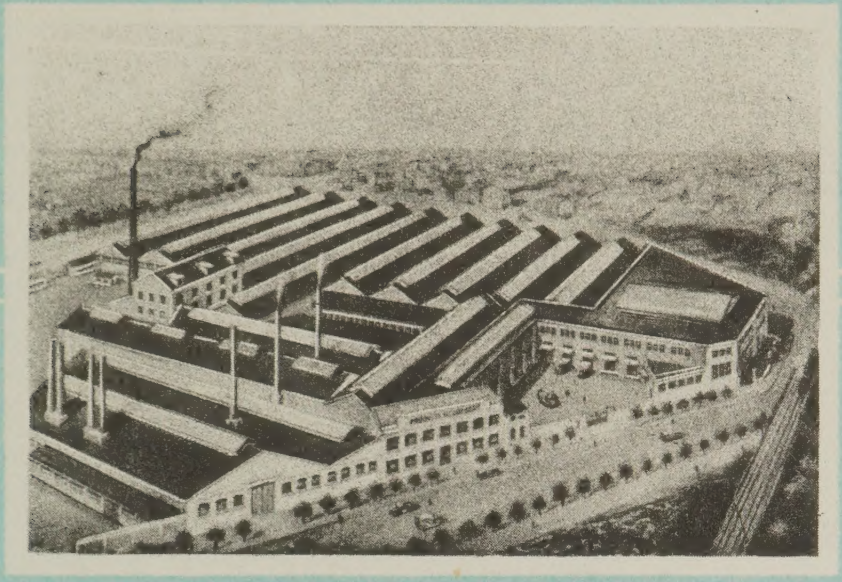
FRENCH COLONIES

ALGIERS	**"Heudebert".**
TUNIS	**A. et G. Enriquez, 14, Rue des Glacières.**
TAMATAVE	**E. Amand.**
INDO-CHINA	**Union Commerciale Indo-Chinoise, Saïgon.**
SENEGAL	**Etienne Lagrange, Rues Bisson et A. Lebon, à Saint-Louis.**
POINTE A PITRE	**K. et F. Pravaz.**
SOMALI FRENCH COAST	**Papaconstante, Djibouti Representative.**
FORT DE FRANCE	**Dame de Beauville, Matillon et Co.**
MOROCCO	**Union Commerciale Indo-Chinoise, à Casablanca.**

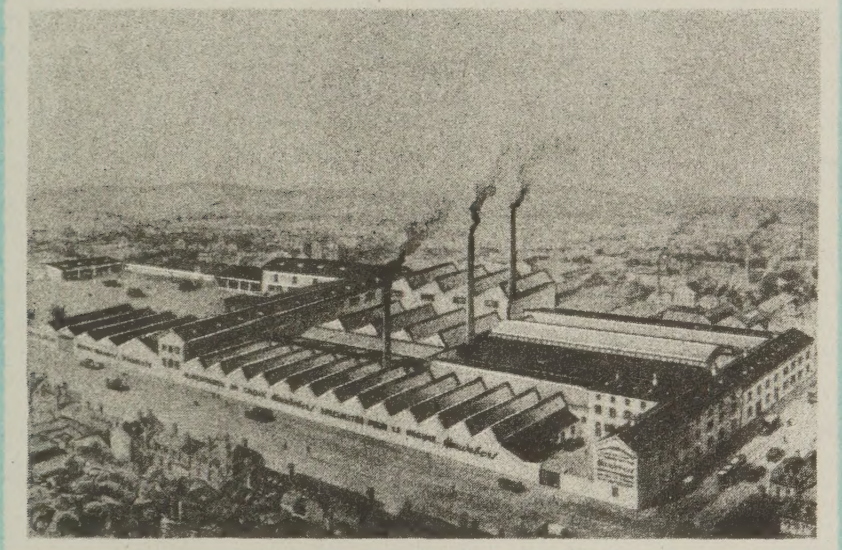
ABROAD

BRITISH ISLES	*London*	**Dietetic Foods Ltd.**
ARGENTINE	*Buenos-Aires*	**P.-J. Tardieu, Belgrano 264-270.**
AUSTRIA	*Vienna*	**R. Seitz, Siedlung Starchand, Gallitzinstrasse.**
BRAZIL	*Rio de Janeiro*	**Offenbacher, 129, Rua do Rosario, 1, Andar.**
—	*Sao Paulo*	**Loureiro Costa & C°, 85a, Rua Sao Bento.**
CANADA	*Montreal*	**A. Ouimet, 84, St-Paul Est.**
CHINA	*Shanghaï*	**Pharmacie Moderne, 300 et 310, Avenue Joffre.**
COLOMBO	*Medellin*	**Abella-Nouvrac, Representing Agents.**
CUBA	*Havana*	**Casa Recalt. S.A. Pi y Margall, 4 1/2.**
EGYPT	*Alexandria*	**J.-M. Beinisch, 36, Rue Farouk.**
—	*Cairo*	**J.-M. Beinisch, 23, Rue Cheikh Ahou El Sebaa.**
SPAIN	*Madrid (cent.)*	**Bernaldo, Prim, 2 Pral. Izqda.**
—	*Barcelona*	**Emile Martignole, Paseo de Gracia, 43.**
—	*Bilbao*	**Instituto de Higiene Alimentacia (E. Clausen) Plazuela San José.**
UNITED STATES	*New-York*	**Therapeutic Foods Co., Inc. 129/131 West 22 nd Street.**
GUATEMALA	*Guatemala City*	**F. Rodriguez Benito, 4, Avenida sur n° 7.**
ITALY	*Milan*	**Rag. L. La Ferla, Via Torino, 47.**
MEXICO	*Mexico*	**A. Rueff, C°, 3 a ; c. de Capuchinas 71, apartado 1123.**
PERU	*Lima*	**G. Ruiz, Remy, calle Serrano, n° 4.**
PORTUGAL	*Lisbon*	**Nutricia de Lisboa, 224, Rue Correeiros.**
—	*Madeira*	**Luiz Gomes da Conceiçao frères, rua da sé, 54, Funchal.**
ROUMANIA	*Bucarest*	**Pharmacie Albini, 86, Calea Victoriei.**
SWEDEN	*Stockholm*	**Stein-Saphir, Frejgatan, 26.**
SWITZERLAND	*Geneva*	**F. Uhlmann-Eyraud (S.A.) 26/30, Bd. de la Cluse.**
SYRIA	*Beyrouth*	**P. Guigues et Fils, B.P. 270.**
TURKEY	*Constantinople*	**Demetracopoulo Frères, 430, Grande Rue de Péra.**
URUGUAY	*Montevideo*	**Compania Asklépios, Cerro Largo, 1126.**
VENEZUELA	*Caracas*	**D. Navarro Mendez, Agent, Caracas.**
YOUGO-SLAVIA	*Belgrad*	**Levic, 5 Uzun Mizkova.**

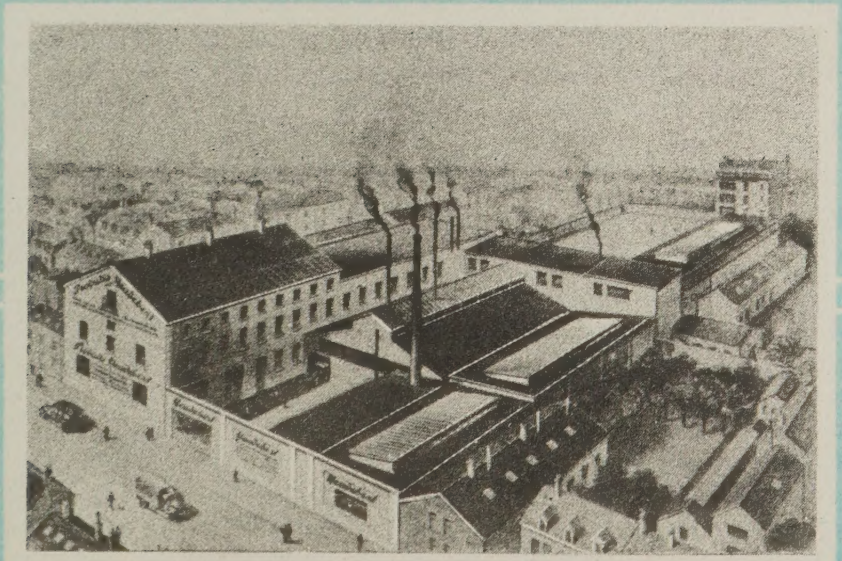
Note. — *"Heudebert" Dietetic preparations are also on sale in the best Provision Houses in the principal localities throughout the WHOLE WORLD.*



NANTERRE FACTORY
85, Rue de St-Germain - AREA-9.800 SQUARE METRES



LYONS FACTORY
2 et 4, Chemin Feuillat - AREA-7.500 SQUARE METRES



BRUSSELS FACTORY
13, Rue de Belgrade - AREA-4.500 SQUARE METRES

CONTENTS

I. ***Dietetic Breads.*** Pages

Pain Essentiel 6
Toasted Breads, Rolls and Gressins, Sweetened Rusks 6
Breads for Diabetics 8
Bread free from azote and Hypoazotised Bread 8
Wholemeal Bread, Bran Bread 8
Spa Breads 10
Regimette and Avena, Breakfast, Dinner, Nursery Biscuits . . 10
Boudoir and Champagne Biscuits 10

II ***Special Preparations.***

Nergine, Malt Flour, Radiopaque 12
Linseed, Salts, Casein, Oil 13
Gluten Flours, Ampelamine 13

III. ***Vegetable Extracts.***

Cereal Broth, Vegetable Broth, and Cereal Extract 16

IV. ***Dietetic Flours.***

Fruit Flours 16
Finest ground Cereals, Heudebert Soup 17
Heudebert Milk Flour, Flakes 17
Leguminous Flours, Shelled-Vegetables 19
Soya Flour, Prolamine, Totus 19

V. ***Hygienic Beverages.***

Tea, caffein-free Coffee, Vittel Coffeol, Neris coffee, Germinated Barley, Torrefied Malt 21

VI. ***Chocolates, Cocoa and Cocoa Preparations.***

Heudcophos, cocoa and cocoa flours, Chocolates 23

VII. ***Various Preparations.***

Preparations for soups, Alimentary Pastes, Rice, Calcitine, Fecula 24

DIET TABLES

Rational Feeding for Young Children 25
Diet for the Obese 25
Diet for Dyspeptics and Enteritics 26
Diet for the Constipated 26
Diet for Diabetics 27
Diet for Arthritic and Hepatic subjects 27
Diet for Cardio-renal Subjects 28
Diet for Nerve subjects, Neurasthenics and the overworked 28
Diet for the Tuberculous, Convalescents and the debilitated 28

The Science of Dietetics, a science of alimentation as it exists to-day, has as its objective the selection and preparation of foods necessary to mankind.

This objective is not solely one of providing for invalids choice foods deprived of their harmful properties, or enriched with substances capable of improving their state of health, but furthermore to select for the healthy, foods capable of maintaining them in perfect health, and of permitting them to put forth that daily effort demanded by the stress of modern life.

Recent discoveries concerning the part played by diastases, vitamins and mineral salts, have furnished the science of alimentation with new weapons.

Nearly thirty years ago the House of *Heudebert* was the first to take up the industrial manufacture of selected and scientifically studied alimentary products.

Today, always ahead of competition, the House of *Heudebert* possesses three factories covering 270,000 square feet *(Nanterre, Lyons* and *Brussels)*, equipped with special machinery of their own devising, and possessing processes of manufacture, the out-come of the closest studies and of long experience, shared by no other house.

The products which are enumerated in this brochure, are derived, from the very choicest raw materials, by the most modern processes of manufacture, and under constant laboratory supervision.

The *Heudebert* products are prescribed by the Medical Profession throughout the entire world because the name *Heudebert* is synonymous with quality.

DIETETIC BREADS

PAIN ESSENTIEL (No. 1)

Prepared with soluble proteins as a basis, **Pain Essentiel** is a bread without crumb well borne by all invalids.

Each box contains 48 sticks. Each stick of 10 grammes (1/3 oz) provides nearly *6 grammes of carbohydrates*, and represents the nutritive value of 16 grammes of ordinary bread, without having any of its drawbacks.

Pain Essentiel is recommended :

*For **Dyspeptics** and **Enteritics** because of its digestibility ;*

*For **Convalescents** and the overworked because of its high nutritive value ;*

*For **Diabetics** during the rest diet, because of its very definite carbohydrate content ;*

*For the **Obese**, in a dose of 3 or 4 sticks per meal ;*

*For the **Arthritic** and **Albuminuric**,* **Pain Essentiel** is also prepared without salt (No. 2).

SPECIAL BREADS

The *Heudebert Special Breads* are preparations of remarkable lightness and friability ; they are easily assimilated owing to the malting and peptonising they undergo during their special baking.

They advantageously replace bread at meal times : breakfast, lunch, tea... as they are assimilated without fermentation, even by the most delicate stomachs or intestines.

These breads are :

Toasted breads : Rusks (No. 29) *(Biscottes de Pain Grillé)* and **Long Rusks** (No. 30) *(Tranches)*

Rolls (No. 32) *(Longuets)* and **Gressins** (No. 34)

Sweetened Rusks (No. 213) *(Biscottes Sucrées)* whose lightness and digestibility is just the same : they are particularly appreciated for teas and snacks.

All the Heudebert Breads must be kept in a dry place. On simply putting them in the oven for a few minutes, they become as fresh and crisp as at the moment of their baking.

Produits Alimentaires et de Régime Heudebert
N°1
Pain Essentiel
Heudebert
LYON - BRUXELLES
N°1
Biscottes en Tranches
Heudebert
N°30
BISCOTTES DE PAIN GRILLÉ
Heudebert
N°29
CRESSINS
Heudebert
N°35
Longuets Heudebert
Produits Alimentaires et de Régime
Longuets
Heudebert
N°32
Biscottes Sucrées
Heudebert
Pour le Thé
Chocolat
Goûter des Enfants
N° 213

BREADS FOR DIABETICS

The Carbohydrates becoming transformed into sugar in the organism, must be reduced in the diet of diabetics, according to the particular tolerance of each patient :

Heudebert BREADS FOR THE DIABETIC
have a very definite carbohydrate content.

Gluten Bread (No. 21) *(Pain de Gluten)* (1.5 grammes of carbohydrates per piece of 20 grammes) corresponds to the very strict diet of diabetics whose glycosuria it is desired to reduce quickly.

Aleurone Bread (No. 22) *(Pain d'Aleurone)* (1.0 grammes of carbohydrates per piece of 6 grammes) prepared with a basis of gluten and aleurone derived from the azotised layers of cereal or leguminous grains, corresponds to the *strict diet.*

The Special Diabetic (No. 27) (8.73 grammes of carbohydrates per piece of 25 grammes) forms part of the ordinary diet of the diabetic.

FRESH ALMOND BREAD or **BEN BREAD** *(Pain Frais aux Amandes)* (No. 197) (8.4 grammes of carbohydrates per ounce) and **SOYA BREAD** or **TRIPLEX BREAD** (No. 156) (5.6 grammes of carbohydrates per ounce) : these two breads compare more with ordinary bread and allow variation of the diet ; their crumb is raised and soft.

Note. — As the Almond & Soya Breads are **Fresh**, they can only be obtained direct from France, through the post.

Gluten Rolls (No. 133) *(Flûtes au Gluten)*, and **Rusks** (No. 35) *(Biscottes au Gluten)*, can only be advised in the cases of *slight* diabetes, in small quantities and temporarily, during the periods of quiescence.

Ask for the pamphlet :
" Diet of the Diabetic ".

OTHER BREADS

Heudebert Bread, free from azote and salt (No.221) *(Pain Désazoté et Déchloruré)*, is the basis of the diet for the Azotaemic, the Nephritic, the subjects of Hypertension and Arterio-Sclerosis (very strict diet).

Heudebert Hypoazotised Bread (No. 143) *(Pain Hypoazoté)*, although prepared without salt is delicious. Its richness in carbohydrates makes it indispensable in diseases of the kidneys, the liver, the heart and the circulation (strict diet).

Toasted Breads: Rusks, Rolls, Gressins, are also made without salt for the diet of cardio-renal subjects. (Ordinary diet).

Heudebert Wholemeal Bread (No. 222) *(Pain Complet Frais)*, is obtained by panification of whole wheat flour ; its content in bran facilitates the evacuation of the intestines and owing to its content in wheat germ this bread has a very high nutritive power. **Wholemeal Bread** is prepared also in dry sticks (No. 4).

Heudebert Bran Bread (No. 227) *(Pain de Son)*, is made with the same flour enriched with pure and coarser bran and consequently it is suitable for stricter diet.

N° 21

N° 22

N° 27

N° 34

N° 133

N° 156

N° 197

SPA BREADS

A series of breads has been prepared to complete the diet of the Spas, on the suggestions of their physicians.

Harrogate Bread (N° 231)
(Rheumatic affections, Obesity, Dyspepsia, Albuminuria, etc...)

Pain de Vichy (N° 224)
(Diabetes, Dyspepsia, Liver)

Pain de Saint-Nectaire (N° 141)
(Albuminuria)

Pain de Royat (N° 140)
(Heart, Blood-vessels)

Gâteau de la Bourboule (N° 216)
(Scrofula, Anaemia)

Pain de Châtel-Guyon (N° 3)
(Constipation, Colitis, Delicate Intestines)

Pain de Vittel (N° 198)
(Arthritis)

Pain de Plombières-les-Bains (N° 5 bis)
(Stomach, Intestines)

Pain de Contrexéville (N° 162)
(Kidneys, Bile-ducts)

Pain de Brides-les-Bains (N° 42)
(Obesity)

Pain d'Évian (N° 218)
(Nephritis, Arterio-Sclerosis)

Pain de Bains-les-Bains (N° 223)
(Arterial affections)

BISCUITS

Heudebert Regimette (No. 15) is a dried milk biscuit, specially prepared for diets.

Heudebert Avena (No. 144) delicious oat biscuit, very rich in lime, phosphorus and iron.

Heudebert Breakfast (No. 207) and **Dinner** (No. 208) these biscuits are real dainties and at the same time a solid food that is the easiest possible to digest ; they are recommended for dyspeptics, enteretics, and for the first meals after operation on the digestive canal.

Heudebert Nursery (No. 219) with a basis of pure wheat flour, makes delicious paps for babies, convalescents, or those with weak stomachs.

Heudebert Boudoir and **Champagne Biscuits** (No. 225) prepared with *fresh* farm eggs and the choicest flours. The biscuits that can be eaten with complete confidence by invalids.

Heudebert
Pain de Vichy
Pain de Vichy
PAIN D'EVIAN
Heudebert
PAIN DE ROYAT
Heudebert
PAIN DE ROYAT
N° 224
N° 218
N° 140
N° 3 Heudebert
Pain Complet de Chatel-Guyon
PAIN DE CONTREXEVILLE
Heudebert
PAIN DE BAINS-LES-BAINS
Heudebert
N° 3
N° 162
N° 42
Pain de Bains-les-Bains
Heudebert
N° 141
PAIN DE St NECTAIRE
Heudebert
N° 198
Heudebert
VITTEL
N° 5 BIS
N° 223
N° 5 Pain Hypoazoté
Heudebert
N° 143
N° 4 Baguettes de Pain Complet
Heudebert
N° 4
PAIN
Désazoté et Déchloruré
Heudebert
N° 221
N° 222

SPECIAL PREPARATIONS

NERGINE (No. 157)

Nergine is the flour of the embryo or wheat germ, deprived by special process of its fatty matter which is naturally toxic and rapidly irritating.

Owing to its natural richness in organic phosphorus, combined mineral elements and vitamins, **Nergine** is an excellent stimulant of the glandular secretions, a rebuilder and remineraliser of the first order. It is recommended for children during growth, to prevent rickets, and in disturbances of nutrition accompanying acute or chronic affections (neurasthenia, tuberculosis, anaemia, overwork, and convalescence from all ailments.

Sold in 8 oz Tins

Method of Use. — Mix without cooking, in a little soup, milk or hot drink, or even sprinkle it on the food in doses of 1 or 2 teaspoonfuls for a nursing child or 1 to 2 dessertspoonfuls for an adult.

HEUDEBERT'S MALT FLOUR (No. 165)

The object of **Malt Flour** is to render more liquid and more digestible the flour used in current cookery.

The Soups, broths, or purées for delicate children whose digestive canals function badly, and for all those tired of a diet too rich in starches, will derive advantage from the addition of **Malt Flour**, for the diastase contained in it promotes digestion.

Sold in 12 oz Tins

Method of Use. — To malt to the maximum, a dessertspoonful of cereal or leguminous flour, add 2 or 3 minutes after cooking, a teaspoonful of **Malt Flour** preferably diluted in a small quantity of water. After a quarter of an hour's contact, it is brought rapidly to the boil. Good malting shows itself by immediate liquefaction.

RADIOPAQUE (No. 209)

Radiological examination is of value only when made with an opaque preparation possessed of alimentary properties. In this manner the organs are examined at the time when their secretions are functioning normally

Heudebert Radiopaque prepared with a basis of barium sulphate is a true meal, of agreeable flavour and real alimentary value (750 calories for an examination dose). It is ready for use without the addition of any substance, or liquid.

Deprived of its curative properties, **Radiopaque** is not a medecine and has no contra-indications. It is put up in two forms:

1. The large size for complete examination *(stomach and intestines)*.
2. The half-bottle for partial examination *(stomach or intestines)*, indicated alike for children, young people and those unable to absorb large quantities of liquid.

SPECIAL PREPARATIONS *(Continued)*

LINSEED (No. 158)

Heudebert Linseed, selected and flavoured with a carminative essential oil, may be taken in an infusion or by itself, swollen in a little water or milk. It is recommended by the Medical Faculty in the diet of the obese and in all intestinal disorders : constipation, diarrhœa, colic, etc.

Sold in 8 oz Tins

SALTS

Heudebert Salt (No. 185) without chloride of sodium, is a combination of non-medecinal products. It, therefore, contains no bromide and can be taken without danger, by all invalids to whom the use of salt is forbidden.

Hypochloride Salt (No. 203), is recommended for cardio-renal subjects having a partial tolerance of chloride.

SOLUBLE CASEIN (No. 155)

Heudebert Soluble Casein may be added to all foods to augment their nutritive value. Its richness in phosphorus and azotised elements makes it a food valuable for Diabetics, Dyspeptics, Convalescents, and young mothers during the periods of pregnancy and suckling.

Sold in 8 oz Tins

HEUDEBERT OIL (No. 226)

Specially prepared for the diets of the *Obese* and *Constipated*.

With a basis of unwrought olive oil and pure mineral oil, this oil constitutes a table-oil at the same time agreeable to the palate and only slightly nutritive, valuable to all those to whom ordinary oil is contra-indicated.

Sold in Quart and Pint bottles

GLUTEN FLOURS (No. 33)

For the home-baking of bread and cakes for diabetics, there can be used with advantage : **Gluten Powder** (No. 26), composed almost entirely of gluten and free from all mixtures, for strict diet, and in other cases, **Gluten Flour** of 50 per cent gluten, more easily handled.

PROFESSOR VINCENS AMPELAMINE

Is a pure extract of grape juice without the addition of any foreign substance. It enables the grape cure to be effected in all places and at all times, and to benefit from the properties of grape juice without any limitation of localities or seasons.

Sold in bottles

N°15

N°144

N°225

N°208

N°219

N°207

N°157
N°209
N°203
N°203ᵇ
N°185ᵇ
N°185
N°158
N°165
N°155
N°226
N°230
N°166
N°167
N°112
N°220
Heudebert
RADIOPAQUE
SEL
FARINE DE MALT
HUILE
OBÉSES
CONSTIPÉS
BOUILLON DE LÉGUMES
BOUILLON VÉGÉTAL

VEGETABLE EXTRACTS

These extracts are prescribed in fluid diet when all food is forbidden. They allow disinfection of the alimentary canal and prevent the patient's decline.

Doctor Mery's Vegetable Broth (No. 166) is composed of potatoes, carrots, peas and haricot beans dried at a low temperature. It is used preferably at the beginning of infantile diarrhoea, in gastro-enteritis and typhoid fever.

Sold in 12 oz Tins

Doctor Comby's Cereal Broth (No. 167). Cereal grains with leguminous grains, constituting on that account a rather more nutritious food. It is usually advised at the termination of diarrhoea, as well as in cases of dyspepsia, muco-membranous entero-colitis, and all convalescent cases.

Sold in 12 oz Tins

The Cereal Extract (No. 112) is a mixture composed of a large variety of cereals. On account of its nutritive value it is recommended for children, the debilitated, nursing mothers, to augment the resistance of chronic invalids : the albuminuric and tuberculous in particular.

Sold in 8 oz Tins

All these extracts make refreshing drinks and can be used with advantage in the preparation of soups, broths or purées.

DIETETIC FLOURS

Ask for the booklet "*Some HEUDEBERT Recipes*" including 40 delicious recipes for the use of Cereal and Leguminous Flours, Flakes, Semolinas.

FRUIT FLOURS

Heudebert's Banana Flour (Nos. 63 & 177) and **Chestnut Flour** (Nos. 59 & 178) rich in vegetable phosphorus, potassium and iron, are different from cereal flours with which they can be used to great advantage.

They also possess an agreeable, rather marked flavour, and are much appreciated by «gourmets».

Chestnut Flour (No. 59*bis*) is also sold flavoured with vanilla, for the preparation of sweet-dishes.

Sold in 1 & ½ lb Packets

FINEST GROUND CEREALS

Heudebert's Finest Ground Cereals have nothing in common with commercial flours. They are studied and completed in such a manner as to develop to the maximum their gustatory qualities and their facility of assimilation.

Heudebert's Finest Ground Cereals enable the feeding of young children to be varied. To nursing children from the time they cut their first tooth, there should be given every day, one, then two milk soups, prepared with the lightest of flours: **Heudebert Soup** (No. 168), **Finest Ground Oats, Rice, Barley.** Some months later, there will be added: **Finest Ground green wheat, Maize, Rye** and **Buckwheat.**

They are also recommended for Dyspeptic and Enteritic subjects.

Sold in 1 lb & ½ lb Packets

HEUDEBERT SOUP (No. 168)

Heudebert Soup is a choice food prepared with superior wheat meal dextrinised by light torrefaction and in that way is rendered easily assimilable.

Of an agreeable flavour, it facilitates the preparation, with fresh or condensed milk, of delicious broths and soups which should be preferred to all preparations with a floury or starchy basis.

Prepared with fresh or condensed milk, **Heudebert Soup** constitues a **fresh milk flour**, which contains all the vitalising principles of the milk and is presented in an eminently assimilable form.

Sold in 12 oz Tins

HEUDEBERT MILK FLOUR (No. 28)

Heudebert Milk Flour perfected by means of the choicest preparations is not, like so many others, a simple mixture of milk powder, sugar and flour. Properly speaking it is rather a homogeneous composition malted or dextrinised in which the wheat and milk elements are found intimately associated.

Heudebert Milk Flour prepared with milk is very valuable at the commencement of weaning.

In young children, in cases of intolerance or distaste accompanied by vomiting or diarrhoea, **Heudebert Milk Flour** prepared with water gives remarkable results.

It constitutes, in short, the best food for dyspeptics and the aged, being most agreeable, easy to digest, and of high nutritive value.

Sold in 12 oz Tins

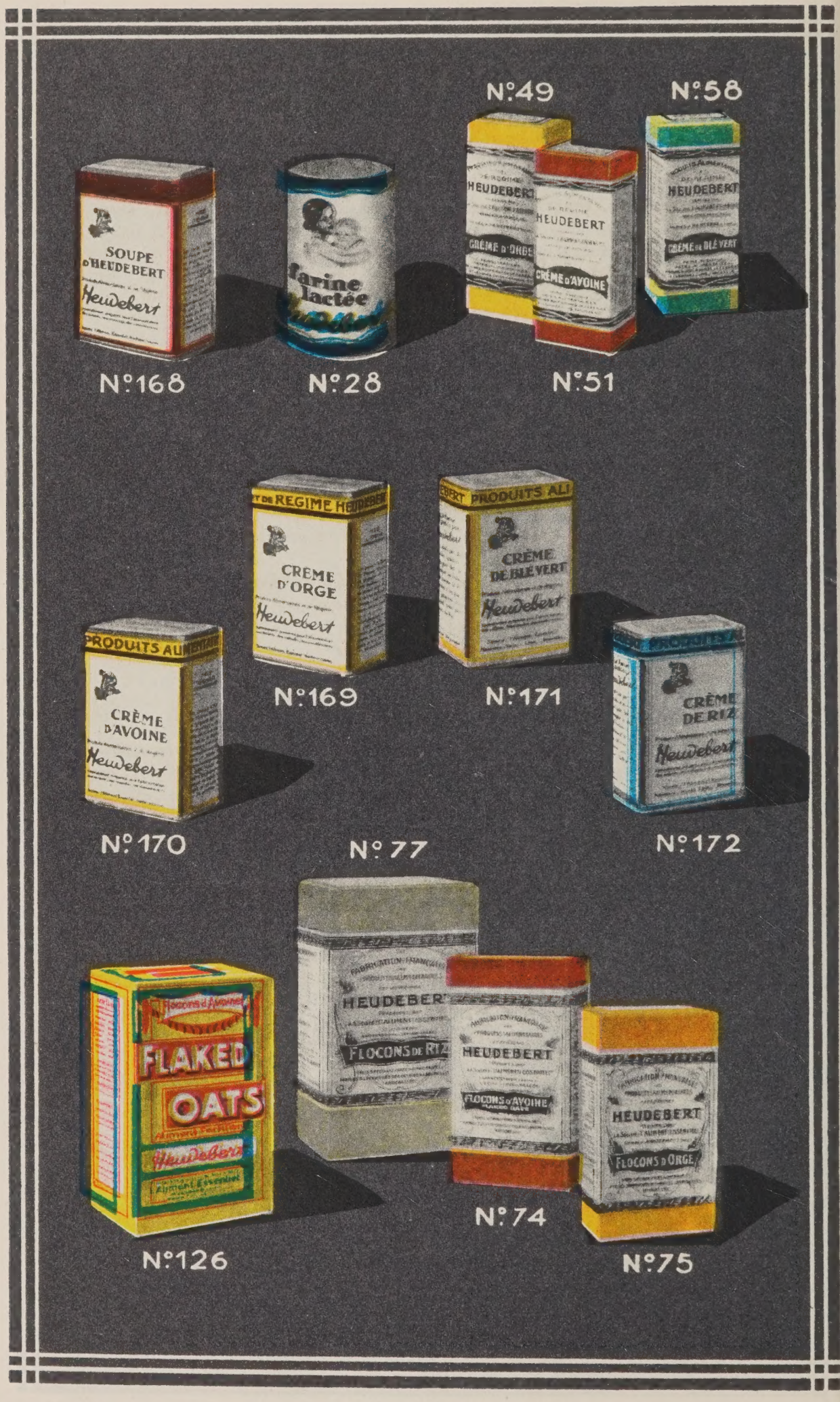
FLAKES

Heudebert's Flakes, are foods easy to digest, recommended for children who suffer from the stomach or the intestine.

We prepare :

Oat Flakes (No. 74). The Nutritious food «par excellence».
Barley Flakes (No. 75). To prevent constipation.
Rice Flakes (No. 77). The most digestible food.
Green Wheat Flakes (No. 76). Very Light.

Sold in 1 lb and ¼ lb Packets


N°49
N°58
SOUPE D'HEUDEBERT
Heudebert
Farine lactée
HEUDEBERT
CRÈME D'AVOINE
HEUDEBERT
CRÈME DE BLÉ VERT
N°168
N°28
N°51
CREME D'ORGE
Heudebert
CRÈME DE BLÉ VERT
Heudebert
PRODUITS ALIMENTAIRES
CRÈME D'AVOINE
Heudebert
CRÈME DE RIZ
Heudebert
N°169
N°171
N°170
N°77
N°172
FLAKED OATS
Heudebert
HEUDEBERT
FLOCONS DE RIZ
HEUDEBERT
FLOCONS D'AVOINE
HEUDEBERT
FLOCONS D'ORGE
N°126
N°74
N°75

LEGUMINOUS FLOURS

You will quickly obtain excellent soups and purées of vegetables with

Heudebert's Leguminous Flours

Specially prepared for that purpose, these flours are obtained by milling whole unshelled grains. Consequently they provide the natural living elements of the product. Only the excess of cellulose is removed by sifting.

A prior treatment with steam, having developed the aroma and produced the transformation of starches, favours their cooking and assimilation.

Ask for the Flours :

Green Peas (Nos. 46 & 181) **Lentils** (Nos. 43 & 179)
Haricots (Nos. 44 & 180) **Broad Beans** (No. 47) **Chick Peas** (No. 55)

PREPARATION OF PURÉES. — Mix cold in a little water, milk or soup a large tablespoonful of flour per person. Cook on a slow fire 10 to 15 minutes or even more according to taste. Add salt, butter, meat juice or chicken fat. The purée in served alone or as a trimming to cutlets, sausages, roast or game.

Sold in 1 lb & ½ lb Packets

PROLAMINE

Heudebert Prolamine (No. 199) is a combination of cereal and leguminous flours, soluble proteins and lime salts.

This very assimilable preparation constitutes by itself, when prepared with water, a complete food.

Prolamine encourages growth, ensures the repair of the organism, and stimulates lactation. It enables patients who have reached the stage of being able to consume little or nothing, to resume their food gradually.

Sold in 8 oz Tins

TOTUS FOOD (No. 164)

Totus Food prepared with the flours that are richest in proteins, natural phosphates and organic iron, is an excellent breakfast chocolate recommended to all whose nerves are depressed, to the tuberculous, convalescents, children and sportsmen.

Sold in 8 oz Tins

SOYA FLOUR (No. 14)

prepared with soya rich in vegetable albumens, and previously deprived of their fatty matters, constitutes a choice food for the Diabetic.

Thicken with a small quantity of arrowroot, and flavour according to taste.

SHELLED VEGETABLES

Heudebert's Shelled Vegetables have retained all their flavour and aroma. They are prepared like ordinary dried vegetables and are usually prescribed in the diet of the aged, colonials, dyspeptics and enteritics.

Extra-Large Lentils (No. 146) **Coral Lentils** (No. 116)
Small Green Peas (No. 117) **White Haricot Beans** (No. 118)
Soissons Haricot Beans (No. 119)

Sold in 1 lb & ½ lb Packets

N°18 N°145 N°204 N°228

N°46 N°43 N°44

N°181 N°179 N°180

N°118

N°199 N°14

N°164 N°146 N°117

HYGIENIC BEVERAGES

Heudebert's **Hygienic Beverages** *are recommended for Dyspeptic and nervous subjects, and sufferers from albuminuria, arterio-sclerosis and cardiac affections.*

TEA FLOWER (No. 145)

is a healthy preparation, natural, and weak in theine. Its delicate aroma makes it a product superior to commercial tea leaves.

The infusion is prepared in the same way as ordinary tea.

Sold in 4 oz Tins

HEUDEBERT'S CAFFEIN-FREE COFFEE (No. 18)

is very different from similar coffees sold on the market. This coffee deprived of its caffein by a special process newly discovered, indisputably retains the aroma and flavour of the natural coffee.

Insist on having **Heudebert's Caffein-free Coffee.**

Sold in 6 oz Tins

VITTEL COFFEOL (No. 202)

is caffein-free coffee, specially prepared for the **arthritic.**

Sold in 4 oz Cartons

NÉRIS COFFEE (No. 200)

is usually prescribed in the diet of nerve subjects.

Sold in 6 oz Tins

GERMINATED BARLEY (No. 204)

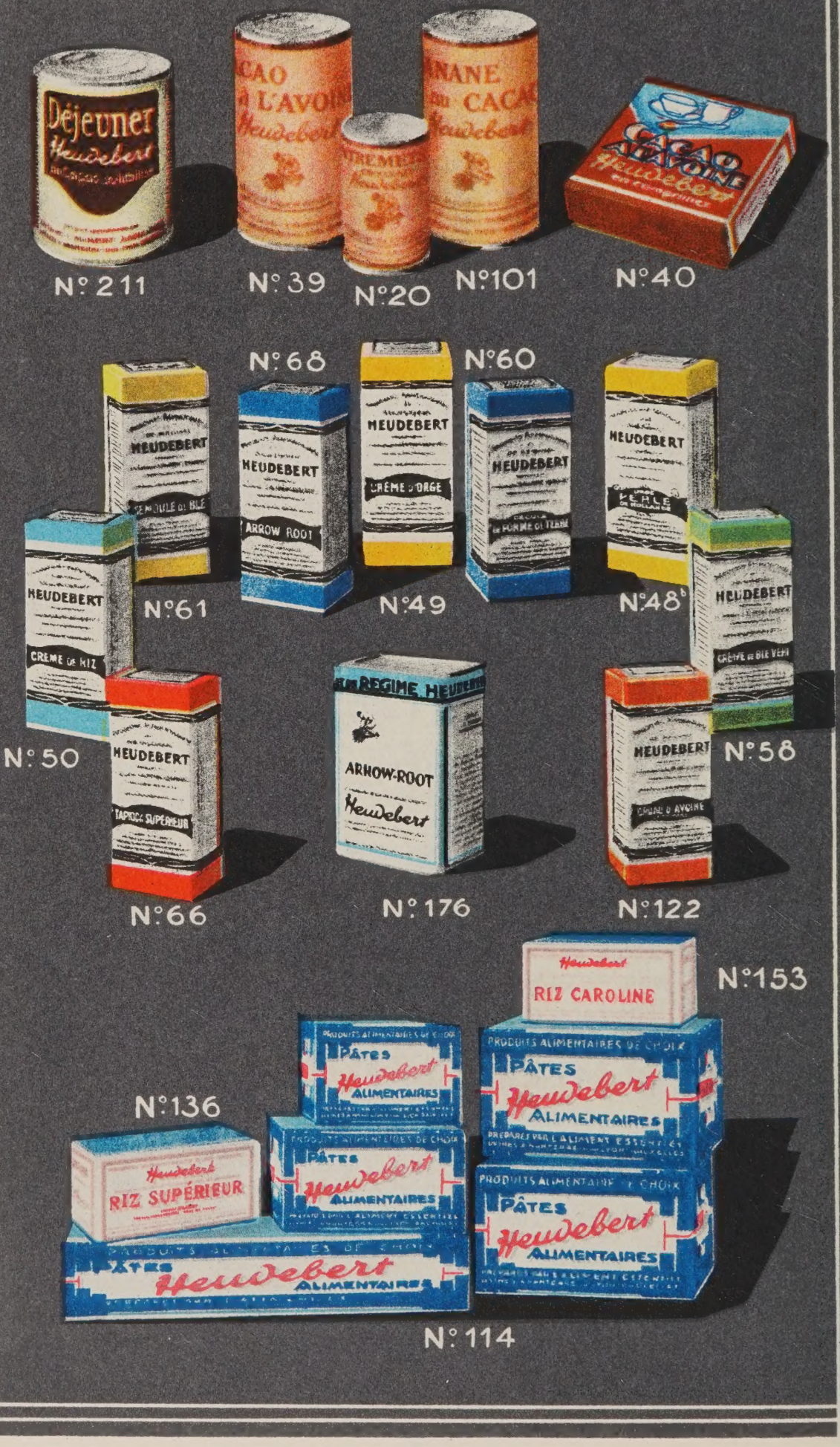
which is nothing else but non-torrefied malt, enables a drink to be prepared, which is of particularly digestive value, and is recommended both during and after meals.

Germinated Barley, previously crushed and diluted with water, is kept for 10 or 15 minutes, boiling in a double cooker.

Sold in 6 oz Tins

TORREFIED MALT (No. 228)

is obtained by torrefaction of Germinated Barley of which it retains the diastases. It allows the preparation of a beverage which has the taste of real coffee. Furthermore, on account of the bitter elements developed by torrefaction it constitutes an excitant of appetite and is an excellent stimulant of the salivary secretions which facilitate the digestion.


Déjeuner Heudebert
CAO à L'AVOINE Heudebert
CACAO AVOINE Heudebert
N°211
N°39
N°20
N°101
N°40
N°68
N°60
HEUDEBERT
ARROW ROOT
CRÈME D'ORGE
CRÈME DE RIZ
TAPIOCA SUPÉRIEUR
N°61
N°49
N°48b
N°50
N°66
RÉGIME HEUDEBERT
ARROW-ROOT Heudebert
N°176
CRÈME D'AVOINE
N°58
N°122
Heudebert
RIZ CAROLINE
N°153
PÂTES Heudebert ALIMENTAIRES
RIZ SUPÉRIEUR
N°136
N°114

CHOCOLATES, COCOA and PREPARATIONS with COCOA

HEUDCOPHOS (No. 211)

is a chocolate breakfast food, light on the stomach, rebuilder, quickly prepared.

Sold in 1 lb & 2 lb Tins

We also recommend :

Heudebert's Soluble Cocoa (No. 37)
for its lightness on the stomach
Sold in 1 lb & ½ lb Cartons

Oat Cocoa (No. 39)
for healthy people but permitted also to slight diabetics
Sold in 8 oz Tins

Wheat Germ Chocolate (No. 9)
Specially recommended to all who are anaemic owing to its rebuilding power
Sold in 8 oz Tins

Banana and Cocoa (No. 10)
Very light because exclusively made with Banana Flour and Cocoa free from fat
Sold in 8 oz Tins

Gluten Flour Cocoa flavoured (No. 24)
for the Diabetic and Tuberculous
Sold in 8 oz Tins

Chocolate Blancmange with milk (No. 20) **or without** (No. 23)
because of the regularity of its duration in intestinal transit
Sold in 3 oz and 4 oz Tins respectively

DIETETIC CHOCOLATES

Prepared without medicinal additions, **Heudebert's Dietetic Chocolates** are of exquisite flavour and of perfect digestibility.

THERE ARE THREE KINDS :

for Diabetics (15 to 20 per cent of carbohydrates)

for Dyspeptics (without the addition of cocoa butter)

and Hypernutritive (superazotised with milk)

WHICH ARE SOLD :

For eating : In boxes of 24 croquettes and in boxes of 21 batons
For cooking : In tablets of 8½ ozs

VARIOUS PREPARATIONS

FOR SOUPS

You will obtain various and savoury soups by using the whole series of HEUDEBERT PREPARATIONS.

Heudebert Tapioca (Nos. 66 and 183), enjoys a very old-established reputation : it swells while cooking without giving, like the inferior kinds, a viscous starch.

Ask also for :

Sago (No. 71) **Pearls of Singapore** (No. 67)
The Crecy Tapioca (No. 110) **The Julienne Tapioca** (No. 111)
Pearl Barley of Auvergne (No. 48) **and of Holland** (No. 48bis)
Wheat Semolina (Nos. 61 and 182) **Rice Semolina** (No. 64)
Maize Semolina (No. 65) **Porridge** (No. 122)

Hermitage Cream (No. 98) is a preparation with an exquisite flavour, with a basis of cereal and leguminous flours.

Heudebert Superazotised Flour (No. 26) or **Diabetic Soup** is an azotised tonic soup, containing only about 25 per cent of carbohydrates, recommended for diabetics and the tuberculous.

Sold in 1 lb & ½ lb Packets.

FOOD PASTES (No. 114)

of the choicest, prepared with semolinas of hard wheat :

Macaroni, Noodle, Vermicelli, Coquillettes, Spaghetti, «Petites Pâtes»

In ½ lb Cartons

Pastes for Diabetics with 6 per cent and 20 per cent pure gluten added.

CALCITINE (No. 196)

The little Calcitine pastes, Noodle and Vermicelli are food pastes containing lime and phosphates, recommended for children and weak persons in all stages of growth and recalcification.

Sold in 8 oz Cartons

RICE

We prepare five types of special dietetic rice :

Superior Rice (No. 136) **Polished Rice** (No. 150) **Caroline Rice** (No. 153)
Piemont Rice (No. 154) **Patna Rice** (No. 151)

Sold in 1 lb & ½ lb Packets

FECULA

By adding small quantities of fecula to the milk, its digestibility and nutritive value are increased, while at the same time, exquisitely velvety soups are obtained.

We prepare three types of fecula :

Arrow-Root (Nos 68 and 176) **Potato Fecula** (No. 60)
Manioc Flour (No. 69)

These preparations, almost exclusively carbohydrates, are recommended in particular for **cardio-renal subjects.**

Sold in 1 lb & ½ lb Packets

DIETS

The Feeding of young Children

Paps — Pages

HEUDEBERT'S MILK FLOUR 17
Normal Flours : HEUDEBERT SOUP 17
Finest ground Barley, Maize and Green Wheat 17
Refreshing Flours : Finest ground Oat, Rye, and Buckwheat 17
Anti-diarrhoea Flours : Finest ground Maize 17
Arrow-Root 24
Banana Flour. 16

Special Preparations

Nergine, *rebuilding* and *remineralising* (added to paps) 12
Malt Flour, *to induce diastases and facilitate the digestion of Paps* . . 12

Soups

Wheat, Maize and Rice Semolinas, Tapioca 24
Oat, Barley, Rice, and Green Wheat Flakes 17
Small pastes, Calcitine. 24

Panades

Pain Essentiel, Nursery, Harrogate Bread 6-10
Toasted Bread, Rusks, Rolls, Gressins 6

Biscuits

Avena (first teeth), Regimette (9 months) 10
Sweetened Rusks (1 year), Boudoir Biscuits (18 months) 6-10

Purées

Flours of Green Peas, Lentils, Haricots, Broad Beans, Chick Peas . . 19
Chestnut Flour 16

Vegetable Extracts

Dr. Mery's Vegetable Broth *(for enteritis and diarrhoea)* 16
Dr. Comby's Cereal Broth 16
Heudebert Cereal Extract 16
Germinated Barley *(for constipation)* 21
Heudebert Finest Rice *(for the preparation of rice water)* 24

Ask for «BABY'S BOOKLET»

Diet for the Obese

	Pages		Pages
Pain Essentiel	6	Finest Ground Green Wheat	17
Pain de Brides-les-Bains	10	Finest Ground Oats and Barley	17
Harrogate Bread	10	Gluten Pastes	24
Fresh Wholemeal Bread	8	Chocolate dishes	23
Bran Bread	8	Heudebert Oil	13
Toasted Breads	6	Linseed	13
Gressins	6	Heudebert caffein-free coffee	21
Regimette	10	Tea Flower	21
Salt without chloride	13	Germinated Barley	21
Hypochloride Salt	13	Torrefied Malt	21
Oat Flakes	17		

Diet for the Dyspeptic and Enteritic Subjects

	Pages
Breads	
Pain Essentiel	6
Toasted Breads	6
Rolls and Gressins	6
Harrogate Bread	10
Biscuits	
Breakfast and Dinner	10
Regimette	10
Avena	10
Sweetened Rusks	6
To facilitate assimilation	
Malt Flour	12
To stimulate the glandular secretions	
Nergine	12
For breakfast	
Heudcophos	23
Vegetable Extracts	
Cereal Broth	16
Vegetable Broth	16
Cereal Extract	16
Hygienic Beverages	
Heudebert Caffein-free Coffee	21
Tea Flower	21
Germinated Barley	21
Torrefied Malt	21
Ampelamine (Grape Juice)	13
Special preparations	Pages
Heudebert Soup	17
Prolamine	19
Oat Cocoa	23
Totus Food	19
Chocolate for Dyspeptics	23
Various Flours	
Finest Ground Cereals (Green Wheat, Rice, Maize, etc.)	17
Arrow-root and Fecula	24
Banana Flour	16
For Soups	
Hermitage Cream	24
Rice and Barley Flakes	17
Tapioca	24
Pearls of Singapore	24
Indian Rose Sago	24
For Purées	
Leguminous Flours (Peas, Haricots, Lentils, etc.)	19
Shelled Vegetables	19
Pastes	
All pastes (Vermicelli, Noodle Coquillettes, etc.)	24
Superior Rice	24
For Radiographic Examinations : RADIOPAQUE	12

Diet for the Constipated

	Pages
Breads	
Bran Bread	8
Wholemeal Bread (fresh, and dry)	8
Pain de Chatel-Guyon	10
Pain de Plombières	10
Soups	
Wholemeal Bread Panades	8
Barley and Oat Flakes	17
Hygienic Beverages	
Germinated Barley	21
Tea Flower	21
Ampelamine	13
Sweets	Pages
Chocolate pudding with or without milk	23
Various Flours	
Finest Ground Oats	17
Oat Cocoa	23
Finest Ground Barley	12
Finest Ground Maize	17
Finest Ground Rye	17
Finest Ground Buckwheat	17
Linseed	13
Heudebert Oil	13
Dessert : Avena	10
Vegetable Extracts	16

Diet for Diabetics

	Pages
Very Strict Diet	
Gluten Bread	8
Strict Diet	
Aleurone Bread	8
Ordinary Diet	
Special Diabetic Bread	8
Fresh Soya Bread (Triplex Bread)	8
Fresh Almond Bread (Ben Bread)	8
Resting Diet	
Pain Essentiel	6
Harrogate Bread	10
Nergine (rebuilding and remineralising)	12
Soluble Casein	13
Gluten Flour and Cocoa	23
Superazotised Flour (Diabetic soup)	24
Gluten Powder (Strict Diet) and Gluten Flour (ordinary Diet) prepared for the making of gluten bread and cakes	13
Soya Flour	19
Special Pastes of 20 °/o Gluten (Small Pastes, Noodle, Macaroni) and pastes of 6 °/o Gluten	24
Chocolate for diabetics :	
In boxes of 24 croquettes	
In boxes of 21 batons	
In tablets, 7 sticks	23
Better Borne during the carbohydrate cures	
Avena (Dry oat biscuit)	10
Finest Ground Oats	17
Ground Oat Cocoa	23
Compressed Oat Cocoa	23
To thicken soups and sauces	
Arrow-Root	24

Ask for the Pamphlet :
"Diet of the Diabetic"

Diet for Arthritics and Hepatic Subjects

	Pages		Pages
Pain Essentiel without salt	6	Finest Ground Cereals	17
Pain de Vittel	10	Arrow-Root and Fecula	24
Pain de Contrexéville	10	Banana Flour	16
Harrogate Bread without salt	10	Wheat & Rice Semolinas	24
Hypochloride salt	13	Rice Flakes	17
Malt Flour	12	Rice	24
Tea Flower	21	Food Pastes, Tapioca	24
Germinated Barley	21	Sago	24
Torrified Malt	21	Singapore Pearls	24
Heudebert's Caffein-free coffee	21	Leguminous Broth	16
Vittel Coffeol	21	Ampelamine	13

Diet for Cardio-Renal Subjects

(Sufferers from Albuminuria, Cardiac Affections, Sclerosis, etc.)

	Pages
Breads	
Bread free from azote and Chloride	8
Hypoazotised Bread without chloride	8
Toasted Breads, Rolls, Gressins without salt	6
Pain Essentiel without salt	6
Spa Breads : Royat, Vittel, Contrexéville, St-Nectaire	10
Harrogate Bread without salt	10
Regimette without salt	10
Salts	
Salt without sodium chloride	13
Hypochloride salt	13
Flours	
Banana, Chestnut Flours	16
Heudebert Soup	17
Flours	
Finest Ground Cereals	17
Potato fecula	24
Manioc Flour	24
Arrow-Root	24
Flakes and Various	
Rice Flakes, Oat and Barley Flakes	17
Finest Tapioca	24
Indian Rose Sago	24
Pearls of Singapore	24
Normal Pastes	24
Hygienic Beverages	
Tea Flower	21
Heudebert Caffein-free Coffee	21
Torrefied Malt	21
Cereal Extract	16
Ampelamine	13

Diet for Nerve Subjects, Neurasthenics the overworked and the Anaemic

	Pages		Pages
Pain Essentiel	6	Nergine	12
Harrogate Bread	10	Totus	19
Gluten Rusks and Rolls	8	Prolamine	19
Avena and Regimette	10	Malt Flour	12
Sweetened Rusks	6	Chocolate Wheat Germ	23
Heudebert Soup	17	Calcitine	23
Milk Flour	17	Gluten Pastes	24
Finest Ground Green Wheat	17	Oat Flakes	17
Finest Ground Rye	17	Heudebert Caffein-free Coffee	21
Finest Ground Buckwheat	17	Neris coffee	21
Finest Ground Oat	17	Torrefied Malt	21
Banana Flour	16	Cereal Extract	16

Diet for the Tuberculous, Convalescents and Debilitated

	Pages		Pages
Pain Essentiel	6	Calcitine	24
Harrogate Bread	10	Nergine	12
Gluten Rusks and Rolls	8	Prolamine, Totus	19
Toasted Breads, Rolls, Gressins, Sweetened Rusks	6	Heudebert Soup	19
Avena and Regimette	10	Malt Flour	12
Breakfast and Dinner	10	Chocolate Wheat Germ	23
Finest Grd Green Wheat, Barley	17	Milk Flour	17
Finest Ground Oat	17	Oat Cocoa	23
Finest Ground Buckwheat	17	Gluten Flour with Cocoa	23
Banana Flour	16	Vegetable Broth	16
Oat Flakes	17	Leguminous Broth	16
Green Pea Flour	19	Cereal Extract	16
Haricot Flour	19	Germinated Barley	21
Lentil Flour	19	Torrefied Malt	21
Broadbean Flour	19	Pastes	24
Chick-Pea Flour	19	Gluten Pastes	24
		Ampelamine	13

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